

Build a Better Salad

DHSS Lunch-N-Learn
March 2010



Worst Salad

On the Border Grande Taco Salad with Taco Beef

*1,450 calories, 102 g
fat , 78 g carbs, 2,410
mg sodium*

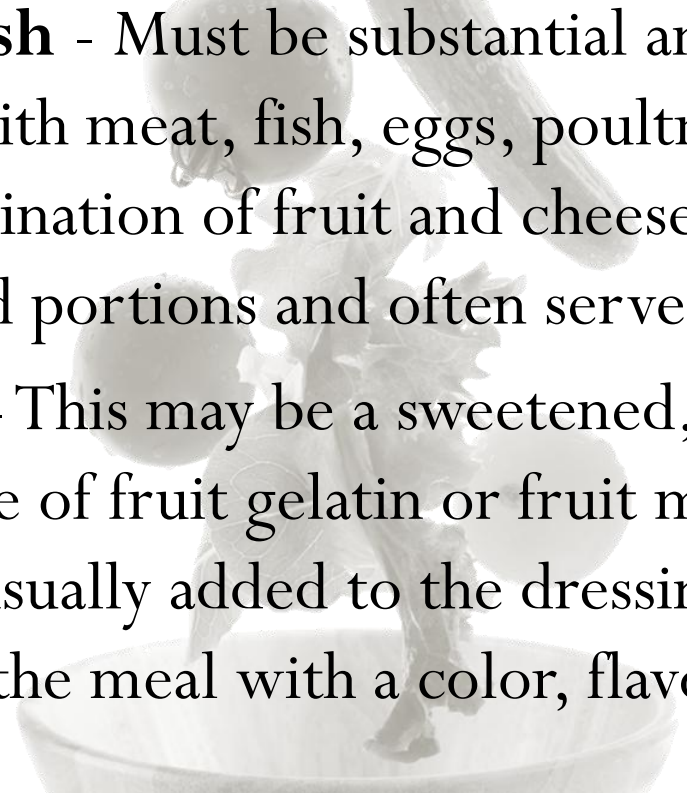
**This isn't an
anomaly:** Five
different On the
Border salads on the
menu contain more
than 1,100 calories
each.

The Salad for You:
The Sizzling Chicken
Fajita Salad supplies
760 calories.



There are four main types of salads:

1. **Appetizer** - For a starter to stimulate the appetite, and it is served at the beginning of the meal. Make it with crisp greens, fruit or raw vegetables, and keep the servings small.
2. **Accompaniment** - Served with main the course of the meal either on dinner or salad plate. This salad should contrast pleasantly with the rest of the meal in color, flavor, and texture. Use crisp greens, fruits, or vegetables whether raw or cooked.

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3. **Main Dish** - Must be substantial and satisfying. Make it with meat, fish, eggs, poultry, vegetables, fruit or a combination of fruit and cheese. This is served in meal-sized portions and often served hot.
 4. **Dessert** - This may be a sweetened, molded or frozen salad made of fruit gelatin or fruit mixture. Whipped cream is usually added to the dressing. This salad furnishes the meal with a color, flavor and texture treat.

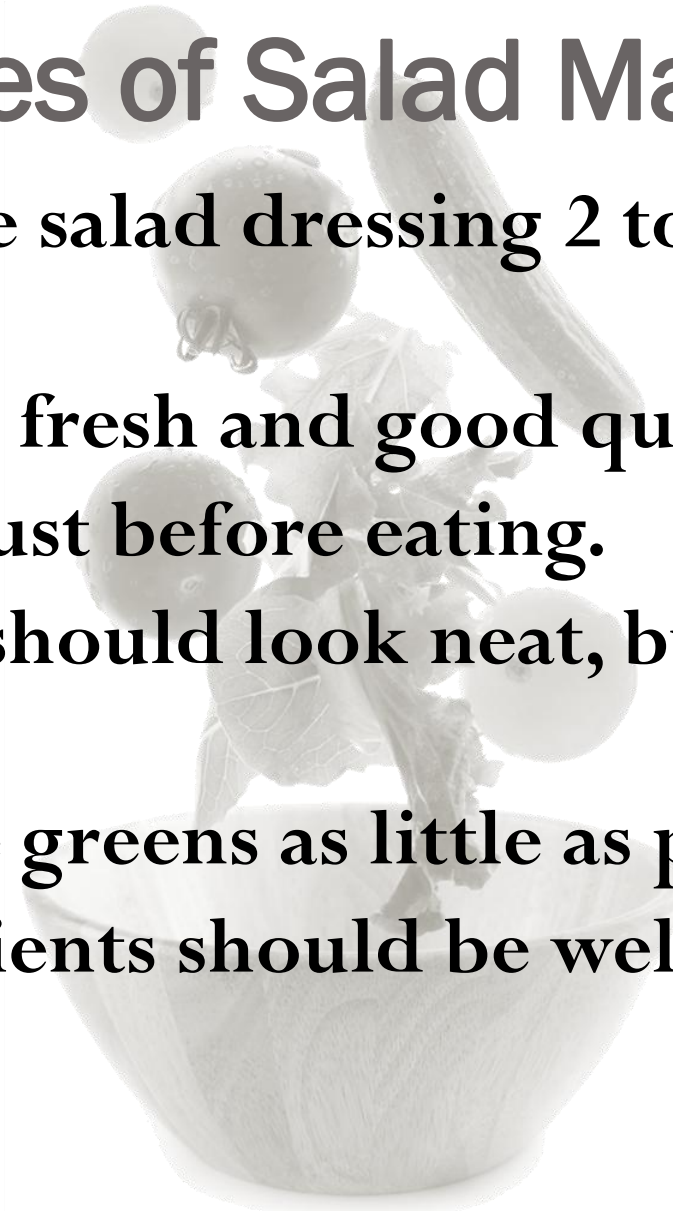
Nutrients in a Salad



- Minerals and vitamins come made to order in the fresh fruits and vegetables found in salads.
- Salads provide plenty of bulk or roughage to aid good digestion and elimination.
- The main course salads of eggs, fish, meat, poultry and cheese serve as body builders and provide protein for the body.
- Pasta and potatoes provide carbohydrates.
- Cheese provides calcium and vitamin D.

Principles of Salad Making

1. Prepare salad dressing 2 to 3 hours and chill.
2. Choose fresh and good quality produce.
3. Make just before eating.
4. Salads should look neat, but not labored over.
5. Handle greens as little as possible.
6. Ingredients should be well-drained.

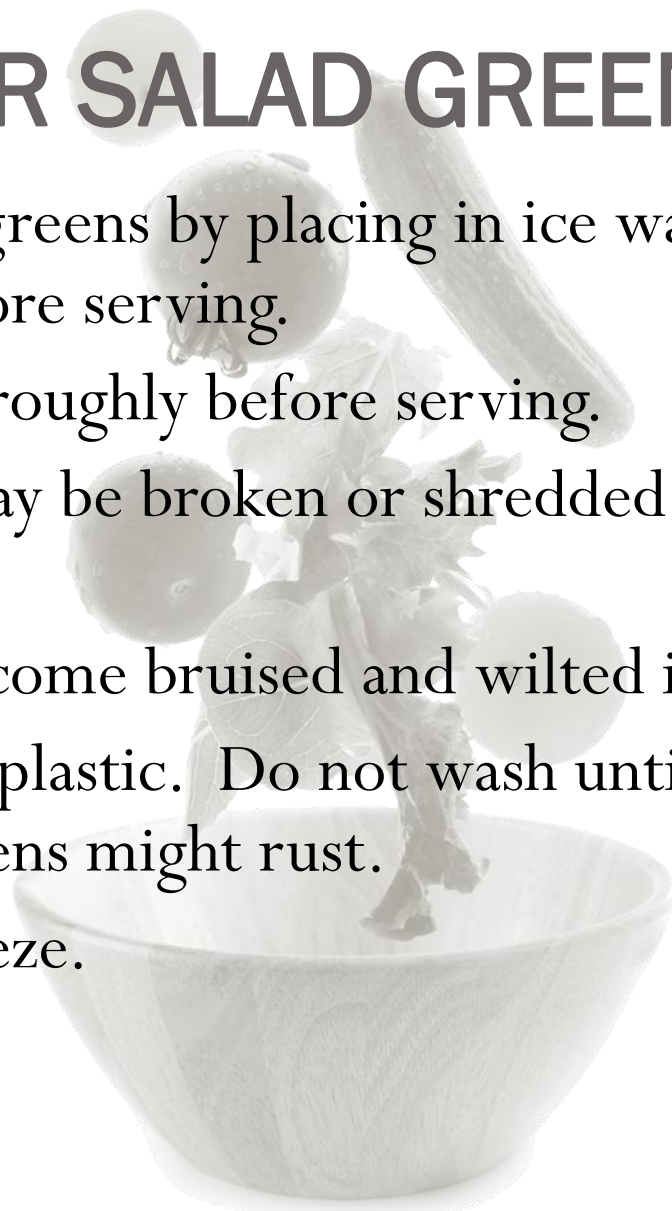


Principles of Salad Making

7. Break or tear into bite-size pieces.
8. Use no more than 3 -4 ingredients.**
9. Combine crisp with soft ingredients for contrast in texture.
10. Toss with a fork to give the tossed rather than smashed appearance.
11. Put the dressing on just before serving. Avoid too much dressing.
12. Serve immediately.

CARE FOR SALAD GREENS

- Crisp up greens by placing in ice water for a few hours before serving.
- Drain thoroughly before serving.
- Greens may be broken or shredded according to the purpose.
- greens become bruised and wilted if over handled.
- Store in a plastic. Do not wash until your ready to use as the greens might rust.
- Never freeze.

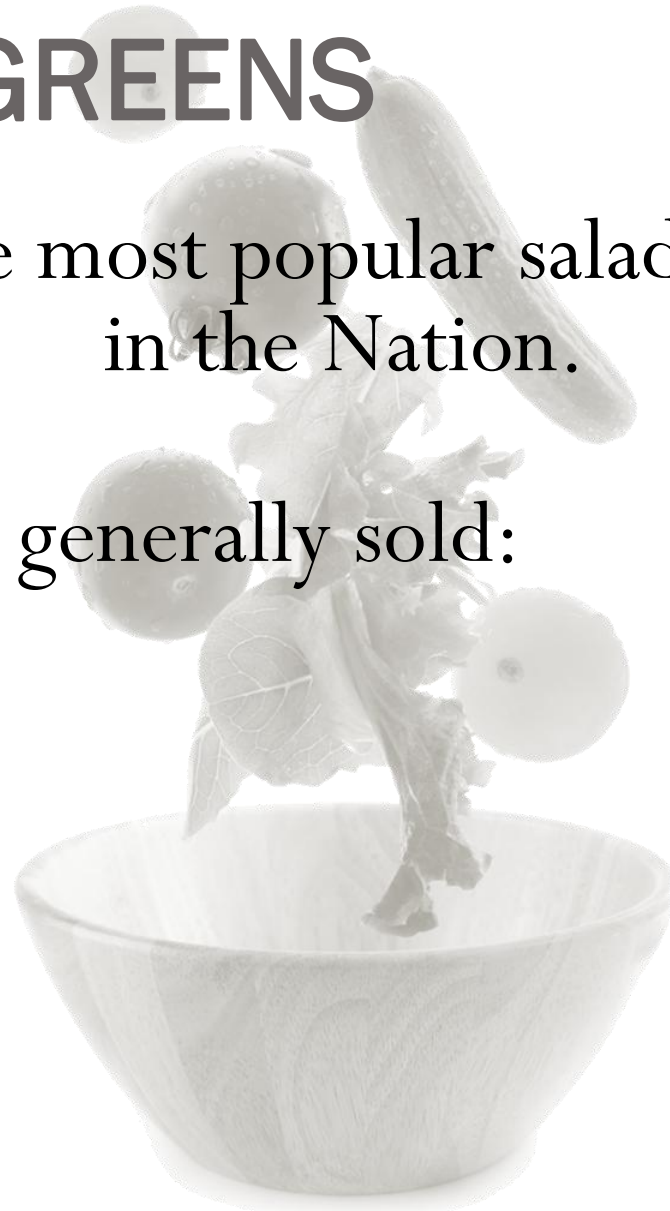


SALAD GREENS

Lettuce is the most popular salad plant grown in the Nation.

Four types are generally sold:

- Iceberg
- Butterhead
- Romaine
- Leaf



SALAD GREENS



- Iceberg - lettuce is by far the major type. Heads are large, round and solid, with outer leaves medium-green. Inner leaves are a lighter green.
- Butterhead - lettuce, including the Big Boston and Bibb varieties is a smaller head than Iceberg. It is slightly flat on top and has a soft, tender, pale inner leaves that feel oily or buttery.
- Romaine - lettuce plants are tall and cylindrical with crisp, folded, dark-green leaves. It is famous for its use in Caesar Salad.
- Leaf - lettuce has broad, tender succulent, fairly smooth leaves that vary in color depending on variety.

Butterhead



Romaine



Leaf



Other greens used in salad-making:

- **Endive** - narrower, crinkly leaves with notched edges.
- **Chinese cabbage** - is an elongated plant resembling celery. Some of the varieties develop a firm stalk, while others have an open, leafy form.
- **Watercress** - is a small, round-leaved plant that grows naturally along the banks of a freshwater stream or ponds. Its spicy flavor makes it a favorite for use as a garnish or in mixed green salads.
- **Spinach** - is often used in salad raw.

Endive



Radicchio



Watercress



Chinese Cabbage



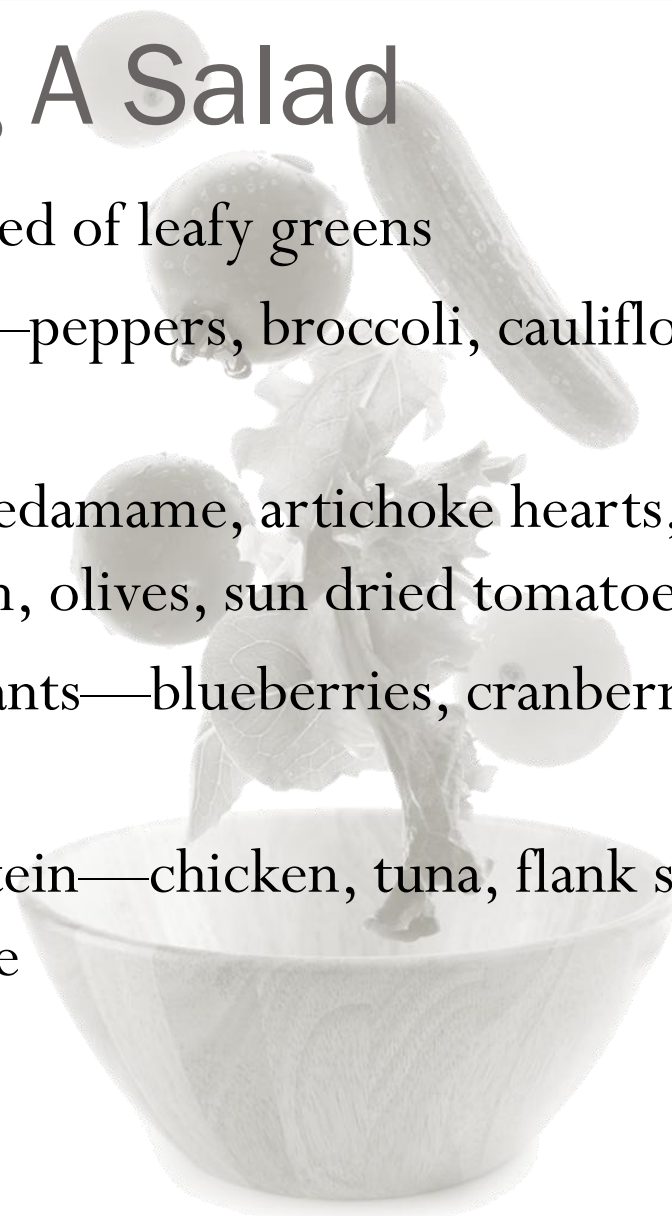
Biggest Salad Mistakes

- Using iceberg lettuce
- The “extras”—calorie dense toppings
 - Cheese
 - Bacon & Ham
 - Fried proteins
 - Crunchies
 - Fried anything
- Too much fat-laden dressing
- Fat free dressing
- Bread on the side



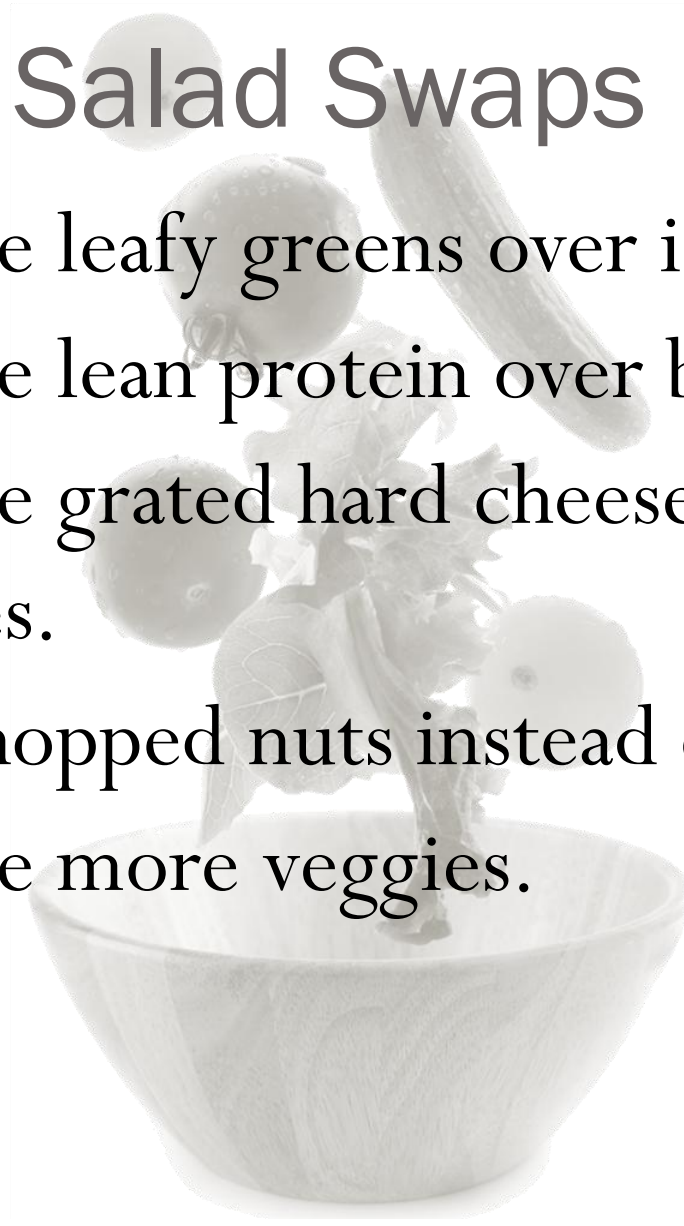
Building A Salad

- Start with a bed of leafy greens
- Add veggies—peppers, broccoli, cauliflower, tomatoes, mushrooms
- Add flavor—edamame, artichoke hearts, water chestnuts, hearts of palm, olives, sun dried tomatoes
- Add antioxidants—blueberries, cranberries, grapes, pineapple
- Add lean protein—chicken, tuna, flank steak, tofu, beans, cottage cheese
- Add dressing



Healthy Salad Swaps

1. Choose leafy greens over iceberg.
2. Choose lean protein over bacon.
3. Choose grated hard cheeses over full-fat cheeses.
4. Use chopped nuts instead of croutons.
5. Choose more veggies.



Summary:

Luscious looking salads are fun to create and a delight to eat. Watch your meals take on a new sparkle when you serve salads. You can use raw foods, simple foods and even leftovers to make them.



The last leaf....

- *It takes four men to dress a salad: a wise man for the salt, a madman for the pepper, a miser for the vinegar, and a spendthrift for the oil."* anonymous
- *"There was an Old Person of Fife,
Who was greatly disgusted with life;
They sang him a ballad,
and fed him on salad,
Which cured that Old Person of Fife."*

Edward Lear, English artist, writer; known for his 'literary nonsense' & limericks (1812-1888)